Mental Health Resources

Save this list for easy reference

From MentalHealth.gov

Talk to your parent, guardian, or a trusted adult if you experience any of these things:

- Can't eat or sleep
- Can't perform daily tasks like going to school
- Don't want to hang out with your friends or family
- Don't want to do things you usually enjoy
- Fight a lot with family and friends
- Feel like you can't control your emotions and it's affecting your relationships with your family and friends
- Have low or no energy
- Feel hopeless
- Feel numb or like nothing matters
- Can't stop thinking about certain things or memories
- Feel confused, forgetful, edgy, angry, upset, worried, or scared
- Want to harm yourself or others

Excerpt from https://www.mentalhealth.gov/talk/young-people

In an emergency, call 9-1-1

For non-emergencies, below are some numbers and websites to know.
Crisis Text Line - https://www.crisistextline.org/

Whether it's your friends, family, or community, everyone needs someone to lean on.

If you don't know where to turn, you can text HOME to 741741.
A volunteer Crisis Counselor with Crisis Text Line will be there for you. It's free and 24/7.

Crisis Text Line - if you're worried about a friend

#AlwaysAsk

"I care about you. You have mentioned how you've been struggling lately. Is there anything I can do to support your mental health?"

@CrisisTextLine is here to help. Text HOME to 741741 for free, 24/7 crisis counseling.
9-8-8 Suicide and Crisis Lifeline

When you’re struggling and in crisis and call or text 988, your trained counselor will listen, support, and share resources. #988Lifeline

OK2Say Tip Line
If someone mentions hurting themselves or someone else

OK2Say - [https://www.michigan.gov/ok2say](https://www.michigan.gov/ok2say)

Call: 8-555-OK2SAY (855-565-2729)

Text: 652729 (OK2SAY)

Email: OK2SAY@mi.gov

Download App:
The Trevor Project

“The Trevor Project is the world’s largest suicide prevention and crisis intervention organization for LGBTQ (lesbian, gay, bisexual, transgender, queer, and questioning) young people.”

The Trevor Project - [https://www.thetrevorproject.org/](https://www.thetrevorproject.org/)

**Text**

Text us from anywhere, anytime.

Standard text messaging rates may apply.

Text ‘START’ to 678-678

**or**

**Call**

Reach out to hear a live voice on the line.

Call us at 1-866-488-7386